



17 September 2023



MANDATORY ALLERGEN INFORMATION TO CONSUMERS FOR NON PRE-PACKED FOOD

- |                |                  |               |                 |
|----------------|------------------|---------------|-----------------|
| <b>Gluten</b>  | <b>Shellfish</b> | <b>Eggs</b>   | <b>Fish</b>     |
| <b>Peanuts</b> | <b>Soy</b>       | <b>Milk</b>   | <b>Nuts</b>     |
| <b>Celery</b>  | <b>Mustard</b>   | <b>Sesame</b> | <b>Sulphite</b> |
| <b>Lupin</b>   | <b>Molluscs</b>  |               |                 |

**Starters**

Starters

<b>Plate of 7 langoustines</b> (home-cooked) homemade mayonnaise										
<b>Plate of shrimps</b> homemade mayonnaise										
<b>Seafood plate</b> oysters, whelk, prawns, homemade mayonnaise										
<b>Goat's cheese cream with slow-cooked tomatoes</b> basil and toasted bread										
<b>Plate of whelks</b> (home-cooked) homemade mayonnaise										
<b>12 Oysters n°3</b>										
<b>6 Oysters n°3</b>										
<b>9 Oysters n°3</b>										
<b>Fish soup</b> served with croutons, rouille sauce, and grated cheese										

**Main Courses**

Gourmet salads

<b>Burrata</b> Lettuce, baby spinach, fresh tomatoes, whole burrata, dried tomatoes, dry ham, seed mix, balsamic vinegar cream											
<b>Warm crispy pastry filled with Saint-Marcellin cheese</b> Lettuce, grilled bacon strips, croûtons, walnuts											
<b>Salade Cæsar</b> Lettuce, tomatoes, chicken strips, croûtons, grilled bacon, parmesan shavings, olives, sun-dried tomatoes, delicious "Cæsar" dressing											
<b>Salade Nordique</b> Lettuce, potatoes from Île de Ré, tomatoes, avocado, smoked haddock, pepper mackerel, marinated salmon, pink shrimps, lemon chive dressing											
<b>Salade Santorini</b> Lettuce, tomatoes, cucumber, fresh mushrooms, raw apples, walnuts, feta cheese, country ham, creamy white sauce											
<b>Salade Thaï</b> Lettuce, carrots, white cabbage, soybean sprouts, marinated chicken strips, shrimps, Thai dressing, peanuts											

## Meat

### Grilled 5A chitterlings sausage mustard sauce

fries, lettuce, seasonal vegetables



### The butcher's cut approx. 300gr (Limousin beef, France)

fries, lettuce, seasonal vegetables

maître d'hôtel butter or roquefort sauce



### Whole duck breast approx. 300gm, honey-lime sauce

potatoes from Île de Ré, salad



### Hand-chopped Steak Tartare 180gm fries and lettuce



## Fish

### Grilled cuttlefish fillets with herbs



### Wild Fish from today's Market



## For children

### Mussels marinière fries (starting from mid-June)



### Nuggets fries



## Pancakes

### Buckwheat pancakes

#### Served with green side salad



#### Savoury pancake and butter



#### L'Américaine egg, emmental cheese, bacon, fries



#### La Clochette

emmental, goat cheese, cured ham, sundried tomatoes, honey from Ré



#### La Complète egg, ham, emmental cheese



#### La Complète bacon egg, emmental, bacon



#### La Guéméné egg, emmental cheese, Guéméné andouille sausage, fresh cream



#### La Norvégienne

Emmental cheese, marinated trout, fresh cream, fresh tomatoes, lettuce



#### La Paysanne egg, emmental cheese, onions, smoked streaky bacon



#### La Printanière egg, emmental cheese, tomatoes, fresh mushrooms, ham, lettuce



#### La Provençale

egg, emmental cheese, bell pepper stew, fresh mushrooms, sun-dried tomatoes, pesto



#### La Super complète egg, emmental, fresh tomatoes, salad, minced steak



#### La Tartiflette potatoes, onions, diced bacon, mature reblochon cheese



#### La Trois fromages Emmental, Morbier, Roquefort, fresh tomatoes























## Crepes

### Wheat crepes

<b>Butter, sugar</b>									
<b>Butter, sugar, lemon (sprinkled with freshly-squeezed lemon)</b>									
<b>Homemade sea-salt caramel</b>									
<b>Homemade sea-salt caramel</b> served with a scoop of crème brûlée ice cream									
<b>Homemade hot chocolate fudge or Nutella</b>									
<b>Chocolate, almonds, whipped cream</b>									
<b>Chocolate, homemade whipped cream</b>									
<b>Chocolate, vanilla ice cream</b>									
<b>Chocolate, grated coconut</b>									
<b>Candied citrus fruit flambéed with Grand Marnier</b>									
<b>With your choice of homemade jam</b> strawberry, preserved citrus, plum									
<b>Chestnut cream</b>									
<b>Marshmallow crepe</b> homemade hot chocolate with marshmallows									
<b>Clown crepe</b> chocolate or Nutella, whipped cream, Smarties									
<b>Choice of flambées</b> Grand Marnier, Rum, Cognac, Calvados (apple brandy)									
<b>Île de Ré honey</b> "organically" produced by Mrs Chupin in Rivedoux									
<b>Ré honey with fresh lemon</b>									
<b>Ré honey with walnuts or almonds</b>									
<b>Pear or banana, chocolate</b>									
<b>Poire ou banane, chocolat, chantilly</b>									
<b>Homemade baked caramel apples</b>									
<b>Baked caramel apples served with vanilla ice cream</b>									
<b>Baked caramel apples served with walnuts and whipped cream</b>									
<b>Maple syrup</b>									
<b>Sugar or butter</b>									
<b>Sugar, lemon (sprinkled with freshly-squeezed lemon)</b>									

### Original Pancakes














<b>La Belle Hélène</b> hot chocolate fudge, canned pears, vanilla ice cream, toasted almonds, whipped cream									
<b>La Martiniquaise</b> banana, hot chocolate fudge, vanilla ice cream, flambéed with rum									
<b>La Normande</b> baked caramel apples flambéed in Calvados (apple brandy), served with whipped cream									
<b>La Philippine</b> homemade lemon cream, flambé with rum, Dom Papa Rum sorbet									
<b>La Québec</b> maple syrup, vanilla ice cream, toasted almonds, and whipped cream									

## Desserts

### Desserts

<b>Plate of three matured cheeses</b>																
<b>Coffee, decaf or tea with dessert selection</b> & selection of 3 pastries																
<b>Passion fruit cheesecakes</b>																
<b>Fromage blanc</b> strawberry coulis or organic honey from Île de Ré, or sea-salted caramel																
<b>Classic fromage blanc</b>																
<b>L'incontournable baba au rhum</b>																
<b>La Crêpe Chamallows</b> "homemade" hot chocolate, marshmallows																
<b>La Crêpe Clown</b> chocolate or Nutella, whipped cream, Smarties																
<b>Panna Cotta</b> white chocolate & almond																
<b>Profiteroles</b> hot chocolate fudge and whipped cream																
<b>Homemade rice pudding</b> with vanilla pods & citrus peels																

### Ice Cream Sundaes



<b>Coupe de la Route du Sel</b> 2 scoops of crème brûlée ice cream, 1 scoop of salted caramel ice cream, homemade salted caramel topping, and whipped cream																
<b>L'Équinoxe</b> rum-raisin ice cream, vanilla ice cream, marinated raisins, chantilly cream																
<b>La Bounty</b> coconut sorbet, vanilla ice-cream, hot chocolate, whipped cream, grated coconut																
<b>La Dame Blanche</b> vanilla ice cream, hot chocolate fudge, and whipped cream																
<b>La Douceur d'été</b> mango sorbet, tropical fruit sorbet, red fruit sorbet, strawberry coulis, whipped cream																
<b>La Melba du moment</b> Seasonal fruit, vanilla ice-cream, strawberry sorbet, strawberry coulis, grilled almonds, whipped cream																
<b>La Planteur</b> summer fruit sorbet, Dom Papa rum sorbet, rum																
<b>Le Café Liégeois</b> coffee ice cream, vanilla ice cream, coffee sauce, chantilly cream																
<b>Le Caramel Liégeois</b> caramel ice cream, vanilla ice cream, sea-salted caramel, chantilly cream																
<b>Le Chocolat Liégeois</b> chocolate ice cream, vanilla ice cream, hot chocolate, chantilly cream																
<b>Le Colonel</b> lemon sorbet, vodka																

### Ice creams & Sorbets

<b>Ice Cream</b> coffee, salted butter caramel, chocolate, vanilla, crème brûlée, rum-raisin, coconut,																
---	--	--	--	--	--	--	--	---	--	--	--	--	--	--	--	--

## Wine











### Red Wines

■ <b>Château de Fontségugne</b> Aoc Côtes du Rhône 2019																
■ <b>Château de villeneuve</b> Aoc Saumur Champigny 2020																
■ <b>Chateau Romanin</b> Aoc Les Baux de Provence 2019																
■ <b>Grappe Diem Ch. La Rose Bellevue</b> Aoc Blaye-Côtes de Bordeaux 2020																

### Rosé Wines

■ <b>Chateau Lauzade</b> Aoc Côtes de Provence 2021/2022																
■ <b>Dom Arica</b> IGP île de Ré 2022																

## White Wines

 <b>Ch. La Gde Métairie</b> Aoc Entre Deux Mers 2019/2022																			
 <b>Chambre d'amour</b> Vin doux 2020/2021																			
 <b>Macon-Chardonnay Dom. Talmard</b> Aoc Macon Villages 2021/2022																			
 <b>Soif d'Évasion (île de Ré)</b> Chardonnay																			
 <b>Viogner (Cuilleron-Villard-gaillard)</b> IGP Collines Rhôdanines 2020/2022																			

## Glasses & Pitchers

### Red Wines

 <b>Rouge "Conditionné par les Vignerons de l'île de Ré"</b>																			
---	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	---

### Rosé Wines

 <b>Rosé "Conditionné par les Vignerons de l'île de Ré"</b>																			
--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	---

### White Wines

 <b>Aoc Muscadet (blanc)</b>																			
 <b>Blanc "Conditionné par les Vignerons de l'île de Ré"</b>																			
 <b>Chambre d'amour</b> Vin doux 2020/2021																			





## Liquors

### Aperitifs

<b>Champagne</b>																			
<b>Kir 12cl</b> balckcurrant, blackberry, raspberry, peach, strawberry																			

## Hot drinks

### Hot drinks

<b>Café crème ou déca crème</b>																			
<b>Chocolat chaud</b>																			
<b>Chocolat, café viennois, capuccino</b>																			
<b>Double café ou déca crème</b>																			
<b>Irish Coffee, French Coffee</b>											